NATURAL NEWS

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People

January 3, 1997

YOUR 1997 HEALTH CARE BENEFITS

Open Enrollment is here! This is the time, once again, to consider what medical and dental coverage you want for your 1997 plan year -- the 12 months beginning February 1, 1997 and ending January 31, 1998.

But we don't want this year to be just like any other one. While it's important for you to focus on benefit enrollment decisions, we would like you to spend some time thinking about some of the benefits you may not use everyday.

And so, the Human Resources Department has created a new and (we think) spiffy Survival Kit/Benefits Guide to provide you with a solid overview of all your benefits. A "one-stop-shop" to find the answers to your benefits questions. This guide is titled, "1997 Benefits Expedition." It is enclosed in an envelope that contains a map to follow as you begin your benefits adventure!

Also included in the envelope is the 1997 Open Enrollment Form that you will need to complete and return to the Human Resources Department by Wednesday, January 15, 1997 -- *even if you are not making any benefit changes.*

And finally, saving the best for last, we are pleased to announce that there will be **no rate increases** in either your per paycheck to co-payment amounts for any of the benefits offered!

So, if you're ready, check out the new benefits survival kit and return ther Open Enrollment Form today! Call Jennifer Noe at X526 if you have any questions.

Come one ... come all ... have fun with health!

Health Fair Day!

Tuesday, January 14, 1997
Dining Room E
9:00am - 4:00pm

Last year's Health Fair Day was so successful, we decided to do it again with some new additions!

New this year: **FREE** blood sugar screening for diabetes, involving a finger-stick test, sponsored jointly by the University of Chicago Hospitals and Northwestern Memorial Hospital.

Personal Safety booth and presentation by Officer Pete Martini of the Chicago Police Department.

Information and personal consultation on Long Term Care insurance by Greta Flam from TIAA-CREF in New York.

Also available: **FREE** non-invasive screening for blood pressure and body fat content AND information on nutrition and stress management, sponsored by HMO Illinois.

Personal consultation from our Employee Assistance Plan representative, Shelia Krippner.

All benefit plan representatives will be available to discuss plan options, enrollment procedures, billing, I.D.'s, emergency room visits, vision coverage, outstanding claims, changing your plans or physicians and/or dentists.

HMO Illinois - Dee Mastro
BCBS/PPO - Colleen Rosenbach
First Commonwealth Dental - Laura McGannon
Employee Assistance Plan - Diane Harrison-James

Call Jennifer Noe at X526 if you have any questions.